GLP-1 Receptor Agonists: A Game-Changer for Kidney Disease Patients Transcript

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Introduction to GLP-1 Kidney Benefits

The emergence of GLP one receptor agonists as kidney protective agents represents an exciting development in the field of kidney medicine. The evidence consistently shows benefits for reducing protein in the urine, slowing kidney function decline, and lowering the risk of kidney failure.

While they are not appropriate for everyone, for many people with chronic kidney disease, especially those who have type two diabetes, offer a valuable option that addresses multiple aspects of kidney health simultaneously.

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health. Uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors.

What GLP-1 Receptor Agonists Are

If you are seeking to transform your health journey, or if you are looking for answers to burning questions, you've come to the right place. Get ready to unlock the secrets of lifelong health and vitality.

This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Hi everyone and welcome back for another episode of Wellness Focus the Doctor this My Friends podcast.

Today we are diving into a topic that could be revolutionary for many of you. Managing kidney disease alongside diabetes. GLP one agonist, which we also know as semaglutide, alters appetite.

Now, I know that's quite a mouthful, but these medications are creating quite a buzz in the kidney medicine world, and for good reason. You might know some of them by their brand names like Azam Pig, We Go by Roberta's, Semaglutide, Trulicity de la diet or Victoire liraglutide.

Before we dive into the benefits, let's understand what these medications actually are. So GLP one receptor agonist are a class of medications that were originally developed for managing type two diabetes.

They work by mimicking the action of a hormone called GAB1 that your body and naturally produces. This hormone has several important functions. It stimulates insulin release when blood sugar levels are high.

It reduces glucagon production, a hormone that raises blood sugar. It slows down digestion, helping you feel fuller, longer. It reduces your appetite through effects on the brain.

But what's really exciting is that research is now showing these medications have benefits that go far beyond just controlling blood sugar.

Research Evidence for Kidney Protection

According to recent guidelines from both American Diabetes Association and Cdk4, GLP one receptor agonist offers significant benefits for people with chronic kidney disease, especially those who have type two diabetes or even who have insulin resistance.

So let me walk you through what the research show is a comprehensive meta analysis published in The Lancet Diabetes and Endocrinology in 2025, analyzed numerous randomized controlled trials and found that GLP one receptor agonist reduce the risk of kidney related complications by 15 to 20% compared to placebo.

But what does this actually mean for you or your loved ones with kidney disease? There are several ways these medications appear to help protect kidney function.

First, they decrease the amount of protein leaking into the urine, which is one of the earliest signs of kidney damage. They also help slow down the rate at which kidney function decreases over time.

Research shows that they reduce the risk of progressing to end stage kidney disease, which means fewer people needing dialysis or transplantation and importantly, they significantly reduce the risk of heart attack, strokes, and cardiovascular deaths.

Problems that frequently occur alongside kidney disease. Another steady flow study, which specifically looked at semaglutide, showed a 24% reduction in major kidney disease events when cardiovascular deaths were excluded.

There was still a 21% reduction in kidney specific events. These aren't small improvements. They represent potentially life changing benefits.

How These Medications Help the Kidneys

What's particularly interesting is that the kidney benefits of GLP one receptor agonist seems to go beyond just the effects on blood sugar. Researchers believe that these medications provide protection through multiple mechanisms.

They reduce inflammation in the kidneys, which plays a major role in kidney damage. Many patients experience moderate reductions in blood pressure, which takes stress off the kidneys.

The weight reduction that many people experience on these medications can improve overall metabolic health. And there is evidence suggesting direct protective effects on kidney cells themselves.

I remember a patient in her early 40s who came to see me at Kidney Institute with stage three chronic kidney disease and poorly controlled type two diabetes.

Her GFR was around 45%, and she had significant protein in her urine. She was frustrated despite taking multiple medications. High blood sugar and kidney function continued to worsen.

After a thorough assessment, we added a GLP one receptor agonist to her treatment plan. Within four months, we observed several positive changes. Her eventually dropped from 8.2 to 6.7.

The protein in her urine decreased by almost 40%. Her kidney function not only stabilized, but it actually improved ten points. She lost about 18 pounds, which she had been struggling to lose for years, and her blood pressure improved enough that we were able to reduce not one, but two blood pressure medications.

Now, I want to emphasize that this isn't everyone's experience, remember?

Patient Example and Who May Benefit

Every person is different and has different root causes. What works for 1st May not work for the other one. Some patients see significant improvements, while others see just modest benefits.

The research suggests that a GLP one receptor agonist may be particularly beneficial for people with both type two diabetes and chronic kidney disease.

Those with protein in the urine. Patients with kidney disease who are also overweight or obese, and people with kidney disease who have cardiovascular risk factors.

If you're thinking this might be an option worth exploring, here are some important things to know. Unlike many

diabetes medications, most GLP one receptor agonist don't require dose adjustment for reduced kidney function.

This makes them suitable even for people with more advanced kidney disease. The most common side effect, including nausea, vomiting, and diarrhea, especially when starting the medication.

These typically improve over time as your body adjust, or starting them at lower dose, or microdosing can actually help you minimize these side effects.

These medications can be expensive, so checking insurance coverage is important. Most GLP one receptor agonist are given as injections ranging from once a week to twice a week, depending on the specific medications.

However, all options are now available to some of them are really good depending on the compounding pharmacy.

Side Effects, Dosing, and Practical Considerations

What excites me most about these medications is that they represent a shift from simply managing symptoms to actually addressing some of the underlying processes driving kidney disease progression.

This aligns perfectly with the functional medicine approach. I advocate for looking beyond just treating the condition to addressing the root causes and whole body health.

While GLP one receptor agonist are certainly not a cure all, they are a valuable tool in our comprehensive approach to kidney health. A 2023 study published in the Journal of Clinical Medicine highlighted how these medications help address several pathways involved in kidney damage, including inflammation, oxidative stress, and fibrosis, by targeting multiple mechanisms simultaneously.

They offer more comprehensive protection than many traditional approaches. So before we wrap up, I want to emphasize a few important points. There is no one size fits all approach, and GLP one receptor antagonists are not a replacement for other aspects of kidney health.

Nutrition. Stress management. Sleep. Environmental. Toxins. Infection. Poor oral cavity health, and other lifestyle factors still remain crucial components of a comprehensive approach.

If you're interested in exploring whether GLP one receptor agonist might be beneficial for you, here are some practical next steps. Talk to your physician if these are the medications that will be appropriate for your specific health situation.

Bring them information about the kidney benefits to your appointment, as some providers may only be familiar with their use for diabetes management.

A Functional Medicine Approach to Kidney Health

Get baseline testing if you're considering starting a GLP one receptor agonist, make sure you have recent kidney function tests, including EGFR urine albumin creatine ratio your thyroid function.

This will allow you to track any improvements over time. Review other medications you're taking. Some might need adjustment if you start a GLP one receptor agonist, particularly other diabetic medications.

If you do start one of these medications have a plan for managing potential digestive side effects, especially if you already have one. Staying hydrated, eating smaller meals, and avoiding fatty foods can sometimes help.

And finally, monitor your response. Keep track of not just your blood sugar, but also how you feel on the medication. Changes in energy levels, appetite, weight, and blood pressure can all be important. Feedback.

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the field of kidney medicine. The evidence consistently shows benefits for reducing protein in the urine, slowing kidney function decline, and lowering the risk of kidney failure.

Next Steps and Closing Remarks

While they are not appropriate for everyone, for many people with chronic kidney disease, especially those who have type two diabetes, offer a valuable option that addresses multiple aspects of kidney health simultaneously.

Remember, the goal isn't just to manage symptoms or slow decline, it is to optimize your kidney health and overall well-being, allowing you to live your most vital life by now.

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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